

(The Monroe Institute Bulletin – 1986)

BOOK BAG - MARCH

This quarter, our Book Bag features a book from BEECH TREE BOOKS, by GATEWAY VOYAGE® graduate Michael Hutchison: *MEGABRAIN*.

MEGABRAIN is an extensive survey of the incredible changes that have been taking place in the understanding of the brain. Hutchison indicates that with the right type of stimulation or “enriched experience,” the human brain can grow and change almost immediately. *MEGABRAIN* explores a number of devices that purport to deliver the type of brain stimulation that leads to such growth and expansion of mental capabilities. The “brain machines” examined include: the Alpha Stim, TENS (Transcutaneous Electro-Neural Stimulator), the Synchro Energizer, the flotation tank, and Hemi-Sync.

BOOK BAG - JUNE

GATEWAY VOYAGE graduate Michael Hutchison is once again the author of this quarter’s Book Bag selection.

The Book of Floating: Exploring the Private Sea by Michael Hutchison, QUILL Books. Hutchison first became interested in sensory deprivation and isolation tanks during the early 70’s, and is now considered the preeminent spokesperson for the floating movement. *The Book of Floating* examines the many benefits of floating, as well as a variety of in-tank strategies, techniques, and exercises for attaining specific goals. From problem solving and accelerated learning to weight reduction and the relief of arthritis and migraines, *Floating* explores the hows and whys of this incredible method of relaxation, revitalization, and the liberation of the powers of the mind and body.

BOOK BAG - DECEMBER

The BOOK BAG this quarter features two books by Sir George Trevelyan: *A Vision of the Aquarian Age*, and its sequel, *Operation Redemption*.

A Vision of the Aquarian Age deals with the dominant concern of humankind in the late twentieth century: survival. In *Vision*, Trevelyan, a founder of the Findhorn Community and a spokesman for the human consciousness movement in England, examines the reasons behind today’s world-wide anxiety and notes that these patterns of change are a means of ushering humanity into a New Age.

In *Operation Redemption*, Trevelyan states that there is an influx of spirit in these troubled times that will transform the people of Earth, allowing a new unity of all life as we enter the new millennium.

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